

DELHI NETWORK

JULY 2000

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Delhi Network

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Secretary	Rachael Hofmann	9810080368
Treasurer	Anita Reid	680-5967

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Handbook	TBA	
Membership	Sue Lohage	622-3344
Newcomers	Jackie van Ommen (acting)	680-2136
Newsletter	Vicki Fennessy	506-6664/5
Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs	Jackie van Ommen	680-2136
Social	Asha Nanavati	601-8162

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

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Dear Delhi Network Members,

Well, bye everybody, this is my last newsletter and I have had great fun with it for the last 2-1/2 years. It was a wonderful learning experience, both being involved in putting it together, getting it ready for the printer, and also for what I have gained in knowledge about the culture of India whilst looking for subjects I thought may interest you all. I came in on the tail end of one Board as part of a committee and have seen three more since and all four Presidents have virtually given free rein to all who have been part of the committee since then.

Unfortunately, at the time of writing, no-one has come forward to volunteer to continue the newsletter in as much as layout and preparing for the printer. We must reiterate the need for volunteers in order to be able bring it to you each month. It doesn't have to stay in the same format as at present, each editor/committee brings to it what they want to make of it.

I'd like to thank you all for your support and those who have written or submitted articles during that time. Goodbye also to our faithful contributor, Erika Wilson, who has been bringing us wonderful bird articles for over 12 months. Thanks too to Mr. Mani, our printer, who has helped me out many times!

Please continue to submit articles to the Delhi Network office as someone, some time will come forward. It may be that after everyone has returned from summer holidays, a person or persons will show themselves.

I am off to Kuala Lumpur some time in August I think after a holiday in Italy, so if you're looking for some Malaysian noodles, drop me a line on vfennessy@hotmail.com

VF/The Editor/July 2000



Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. (the exception being August this year which falls on Indian Independence Day, so will be the 4th Tuesday) at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office. Instead of waiting for August to renew/join, you can sign up now which will save time, rather than queuing up at the rush period. If members miss a meeting, they can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter and the Board claims the right to refuse any advertisers who have had several complaints made against them by our members.

From Your President



Has anybody else returned from a June leave and wondered what all the fuss about leaving for the summer was about? I'm sure many will tell us that this has been a particularly cool, wet season. Whatever, I found it more difficult to deal with the heat back end of April and May and so my return brought one of two pleasant surprises. The second being what state would the apartment be in on our return. Well the toilets flushed, there was water in the taps, the power was on and Geeta our daily had cleaned the day before our return and filled the refrigerator with fresh fruit and vegetables. I am feeling quite positive at the moment.

Jeannine I understand has been wearing so many hats this past month we should re-name her 'Mad Hatter'. Her duties covered President, V.P. of course, Treasurer, Vendor Co-ordinator and any other post not covered for whatever reason. But in true Delhi Network fashion carried the whole thing off with great aplomb. Thank you Jeannine, have a good trip. Our V.P. is off to R&R. in H.K. (shop 'til you drop do I hear) and Thailand during July. Enjoy.

I would like to remind you all that the August monthly meeting will be held on 22nd and not the 15th, as this is a public holiday. Would you please advise anyone who may not be aware of this, it may save them an unnecessary trip to the Hyatt. Thank you.

Our program/speaker for today's meeting will be on the subject of wearing saris. Maya will be here to show us the easy way to wear one and will be supplying a small brochure to take home. Our guest speaker for the August meeting will be Mrs. Peggy Sood. She has lived in Delhi for many years and will enlighten us from her experiences and acquired knowledge on How to Hire and Manage Domestic Staff.

After our holiday, having gained a few extra pounds, we looked around for a way to keep our ageing bodies supple and possibly lose the extra weight. So Larry and I joined something called 'The Hash', he had had some previous experience of this when in China. Running was his description of the activity and so it is for most 'hashers', but if you just want a brisk walk there is a small contingent of lesser mortals (saner is my feeling) who do this. It gives you an opportunity to see safe and relatively clean areas you would never see from your car. The big plus is the finish line - drinks and nibbles in the company of some very funny people. Jeannine, a hasher from way back, advised us the humour is unique and I definitely agree. Am going again. Try it.


On Thursday I was with the Needlenuts Group. There were only eight of us, due to the evacuation for summer, but we had six nationalities present and so much to say to each other. The idea is you take any type of sewing with you, cross stitch seems to be the in thing at present, I cannot do that so have taken up knitting winter jumpers for the homeless kids. The pattern is so easy you can talk and knit at the same time. This is a very friendly group as is the Hash, both of whom are mentioned in the Something To Do pages of our monthly magazine.

Which brings me to the problem of what will happen to Delhi Network if we don't have this facility, the organisation won't fail, but information will no longer circulate as in the past. Please if you have the slightest thought like 'could I do that' but not alone then call us, you may be one of many and together continue to produce this really useful monthly newsletter. Although newsletter is somewhat of an understatement for such a smart looking magazine.

Look forward to seeing you all at the meeting.

Brenda Beards

p.s. The above Watch This Space may get filled at some stage – just as soon as we can get our computers co-ordinated!

Neighbourhood Co-ordinators			Support Groups by Nationality
<p>Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.</p>			<p>American Women's Association (AWA): American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.</p> <p>Australia and New Zealand Association: Call Christine Evans on 687-6605 or Ingrid Crookshanks, 680-4586</p> <p>British Expats Group: Contact Sylvia Johnson on 460-3851.</p> <p>Nederlandse Vereniging New Delhi: Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951 (off)/614-9704 (res).</p> <p>NORA (Nordic Association) Contact names: Eva Dieden (Sweden) 687-5760 Anne Laipil (Finland) 614-4602 Kirsten Callinggaard (Denmark) 689-2401 Nina Husemoen (Norway) 621-8999 A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.</p> 
AREAS	CO-ORDINATOR	PHONE	
Vasant Vihar/ Vasant Kunj	Nora Twycross	612-2318	
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819	
Chanakyapuri Barakamba Road	Vacant		
Greater Kailash I & I	Vacant		
Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant		
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant		
Pansheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla	649-7025	
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Vacant		
Sainik Farms	Martine Walsh	696-0829	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Alicia Odedra	506-4777	
For more information, please contact Jackie van Ommen on 680-2136.			

Please note that a large number of people leave Delhi during the summer months. If you are newly arrived during this period, you may be disappointed not to be able to contact some of those listed above. Most folks will be back early August, but if you are in need to just talk to someone, call in at the office or call any of the board members.

THERE ARE STILL 5 VACANCIES FOR NEIGHBOURHOOD LEADERS. IF ANYONE WOULD LIKE TO VOLUNTEER, PLEASE CONTACT JACKIE VAN OMMEN OR BRENDA BEARDS FOR MORE INFORMATION.

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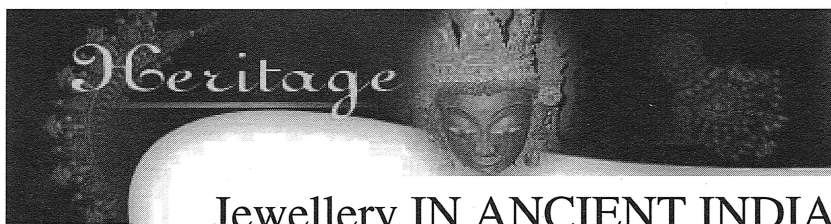
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Telephone Corp India*

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Denise Edwards, Delhi Network Newcomers*

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ourselves. Please feel free to use his
services as we highly recommend him. If
you would like to question me further,
please write to me at
sharonb@poboxes.com"
Sharon Bloyer, IT Manager, American
Embassy School*



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Jewellery IN ANCIENT INDIA

India was a principal production centre for beads by 3000 BC. The origin of the simple black bead goes back to the 7th millennium BC. To this day the lowly bead is yet the most auspicious ornament a mother gives her daughter. Lapis lazuli, turquoise, coral, carnelian, jasper and a variety of semi-precious hard stones were imported from Indus valley cities of Harappa, Mohenjo-daro, Lothal, where they were cut, shaped and bored and re-exported to destinations beyond India. Mention of treasures and gold in the Vedas compensates absence of material remains between 1500-500 BC. In Vedic times the custom of exchanging jewels at weddings was also prevalent. India was the principal supplier of diamond and precious gems by 1st century AD. The Kushan empire encompassed a vast area where a heterogeneous environment of immense sophisticated thrived. The Gupta period (circa AD 320-600) is marked as having more wealth and quality of court life than any other period in Indian history. Jewellery forms on sculptures have been seen to become more stereotypical and stylised, from the post-Gupta Era.

Typically, jewellery was worn by both men and women-and among the former was an important part of signalling royalty or nobility. Jewellery was created to adorn many parts of human body: the head, the hair, the ears, the nose, the neck, the arms, the wrists, the fingers, the waist, the ankles, and the toes. Jewellery was also used to adorn instrument of war and of worship and articles of daily use. It was used both to dramatise status and to adorn and beautify the human form. Its use was widespread and extended even to tribal and folk communities who to this day create enchanting jewellery, sometimes, as in the case of Tamil Nadu, taking on surprisingly modern, geometric forms.

Detail, rather than pure form, is a characteristic that permeates most styles of Indian jewellery. For centuries, the Indian artisan, working in gold and precious stones, revelled in detail, creating brilliant patterns or lovingly replicating the world of folklore or the icons of religion. Geometric and floral patterning appears to be largely an Islamic legacy as much as the depiction of human and animal forms is largely and Hindu legacy.

Detail rather than precision characterised much of the Indian jewellery, which displays a typically "folksy" look and the plethora of detail conceals and camouflages a great deal of imprecision of workmanship, yet succeeds in beguiling the beholder's eye.....This tradition continues to the present day, barely influenced by the European insistence on form, precision, the third dimension, and respect for mathematical logic in the design of things beautiful. While much of Hindu architecture in India is characterised by the same disregard for mathematical accuracy and purity, Islamic architecture, which created such monumental spatial harmonies as the Taj Mahal in Agra, seems not to have influenced the worker in gold and precious stones.

Details manifests itself in the most ingenious and often daring use of colour, including the use of enamel in which Jaipur emerged as the greatest creative centre, but also in the detail of repousse and the exacting use of filigree and granulation. While faceted stone was seldom used, a rich tradition of inlay that characterised Islamic architecture was manifest in the use of cabochon cuts and the craft of the lapidarist. Indeed, something akin to a painterly vision characterised much of Indian jewellery.

Indian jewellery made some impact on European jewellery, largely through the activities of the Cartier family. Cartier's main mission on visits to India, of course, was to acquire jewels for European clients and to re-fashion the Mughal jewellery in the possession of Indian maharajas and nawabs into the type of jewellery which was concurrently appreciated in the power of fashion capitals of Europe. While Indian jewellery did leave some small mark on the deco and nouveau art-forms which developed in the late 19th and early 20th centuries in Europe, the European influence on Indian jewellery was thus possibly less than beneficial. It is only now that Indian jewellers are turning their attention to the enormous scope and possibilities of a new movement in design and workmanship which would yield a fusion style of Indo-European jewellery

South India

In ancient India, South India was repository of much of the mineral wealth in the country. In the 2nd century the town of Madhurai was one of the principal gem markets. The ancient dynasties of the south amassed immense wealth and lavished it with unrivalled profligacy. The Cholas acquired their wealth through military conquests and held a monopoly over the gold mines and the pearl fisheries and gems of Ceylon. (now Sri Lanka) There was very little infliction of the Mughal culture despite their continuous invasion into the south. Kautilya (4th century BC) declared that the trade route across Dakshinapathaka was the "superior route" for it was rich in mines and had abundant "diamond, rubies, pearls and gold". Jewellery in southern India did not evolve in response to changing India, more than any other part of the country.

Tribal Jewellery



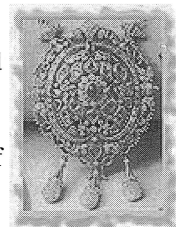
Rajasthan has its own culture and tradition when it comes to jewellery. Both women and men even in the poorest villages of Rajasthan can be seen bedecked in elaborate silver jewellery bracelets, rings, nose rings, toe rings, ankle bracelets, pendants worn on the forehead and almost every part of the body

In this region the quality of the jewellery indicates the relative economic status of the wearer or more accurately, of her husband. Woman may wear ornaments weighing up to five kg. But very rarely are these objects of pure silver. Usually the heavy silver ornaments are worn in the rural areas by all classes of people and the delicate highly sophisticated pieces adorn the urban women.

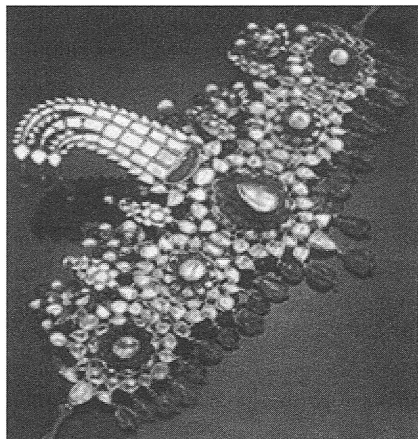
Usually the silver is mixed with copper to make it more malleable, although it is still of a very high grade. Villagers and tribal groups of different regions can be identified by their ornaments, and these ornaments also indicate the caste to which they belong.

Unfortunately, few antique pieces have survived in their original condition, inevitably being melted down and refashioned into another article according to the dictates of fashion.

The ornaments of Barmer, Bhilwara, and moes of Alwar follow age -old designs often identify shapes of leaves, tendrils, flowers finished with classical simplicity.



Bengali Jewellery



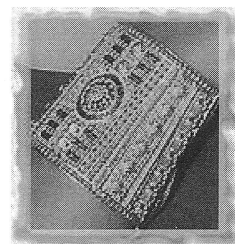
Sarpach (Turban ornament): North India, 18th century

Passion for jewellery in Bengalis' is legendary. Numerous customary occasions where it is not only considered auspicious but mandatory to gift ornaments crafted in gold reflects this. A brides trousseau is considered incomplete without the gold ornaments. Even at the engagement ceremony, it is customary for the in-laws to gift the best item of jewellery. Auspicious occasions like the first look by the grandparents of their grandchild is marked by a gift of a gold coin.

The Bengali word for gold, 'Shona', also means 'Darling'. Since these items came to be a part of the rituals, there is a wide range of designs that came to be celebrated as ritual jewellery. The Bengal bangle, 'Nowa' made from a combination of iron, copper, and gold; is worn by the bride at the doorstep of her new home and is expected to accompany her to her funeral pyre! Married Bengali women also wear red and white bangles, which are often decorated with filigree gold work.

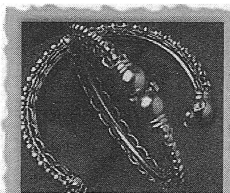
It is also customary to wear six gold bangles held together by thicker bangles. These thick bangles are called 'Ruli', where a ring of Lac is encased in gold. Another popular form of bangles is the 'Balas'. It too is Lac filled and has mythical sea creatures at both ends, to form its mouth.

The claw setting designs have become a part of the Bengali heritage, with designs borrowed from European sources. Necklaces adorned with colourful blue-green peacocks and butterflies are instantly eye-catching. Gold chains are made into yard long lengths, which are worn, wrapped in circles around the neck. The pursuit for innovation continues.



SIKH JEWELLERY

Punjab the land nurtured by five rivers, has a fertile repertoire of designs nurtured by prosperous kingdoms over the centuries. The Sikh jewellery comprised mainly of gold, but its proximity to Delhi saw influences of the Mughal and Rajput traditions seep in.



The royal women had a variety of jewellery to choose from. The tikka, or the forehead pendant, earrings, nose-rings, bangles, necklace, waist bands, anklets... literally from head to toe! Among earrings, the Karnphool (flower on the ear), created by Mughal Empress Nur Jahan is very popular. It is a flower shaped ear stud with a bell shaped pendant. A Sikh bride wears, among other jewellery, a thumb ring set with mirror instead of stones with pearls around it.

Sikh jewellery was not restricted to women. The royal rulers wore the Kalgi; a turban ornament pinned on to the front folds. Its motifs were basically derived from the impression of a stylised feather. They were also shaped in peacock or floral motifs.

The treasured heirlooms were strictly guarded by the state treasurers and were worn only for special public functions by the royal. These have been passed on from generation to generation and still inspire awe when worn.

TEMPLE JEWELLERY

"Whatever is best and most valued in this world, and that which is most dear to you, should be offered to me, and it will be received back in immense and endless quantity."

Krishana in the Bhagavat Puran

These words of Lord Krishana are devoutly believed by Hindus throughout India to this day; hence the quantity of jewellery presented in the temples is enormous. The image in a consecrated shrine is decorated its best ornaments on special occasions, such as the birthday of the God, the Hindola festival, Diwali etc.

The daily worship in a Hindu temple consists of sixteen offerings or part, each accompanied by ceremony. Offering valuable gold ornaments, gems and jewellery is the ninth (Abharanani) of the sixteen offerings (Upachara) which collectively make up the worship or puja.



Temple jewellery - as these ornaments are termed, were designed centuries ago by master craftsmen of Tamilnadu to bedeck the icons of the Gods and Goddesses in temples. These designs were evolved at the best of the royalty who then reigned over the land. They wished to lavish on their favourite deities ornaments of the most unique designs, studded with precious stones in a variety of hues and shades.



With times, these ornaments came to grace the personae of Devadasis --- the temples dancers, who considered themselves the consorts of the presiding deities. When dancer ceased to be the forte' of the Devadasis and came to be practised by others as well, it was brought out of the precincts of the temples and was performed elsewhere. Bharatnatyam dancers, in particular, continued to patronise the same designs of ornaments as worn by Devadasis, and temple jewellery, thus, became a kind of "official jewellery" for these dancers.

The temple jewellery, as seen today, is similar to the temple jewellery of yore only in terms of the design. While in the past, temple jewellery was made out of mixture of gold and silver, called 'Ponn' and encrusted with precious stones like Kemp, Rubies and Emeralds; today, this jewellery is made in silver and plated in gold. The stones are also not of the precious kind but merely of the artificially manufactured sort. These ornaments are also considerably lighter in weight than those of the past, owing to the many variations in design.

Taken from <http://www.zevraat.com/heritage> and www.indianjewellery.net

RESTAURANT REVIEW

RODEO, South Extension Market, Part I

Encouraged by the phenomenal success of its flagship unit at Connaught Place, Rodeo has opened its next outlet at South Extension I. Going along with its Wild Wild West theme, the ambiance is something you cannot miss – a definite plus point apart from the food to compliment your mood. The best thing about the restaurant is not just the preparation of the food, but the way they present it – piping hot and perfectly laid. Dig in to sumptuous Fajitas, Pescado Mostaza, Pollo Loco, Enchiladas and Steaks. Mushroom Enchilados (Rs.90) as starters, is something you should definitely have. Spicy and perfectly cooked, they are simply amazing. Pescado En Salsa De Mostaza (Rs.210), that is fish in a tangy mustard and lemon flavoured sauce, served with sautéed vegetables and oregano potatoes, is another delectable dish. Their chicken selection is quite good too, especially the Fajitas (Rs.200) and the Burritos (Rs.200). Tacos Lamb (Rs.195) from their mutton selection can be better. The Mexican Vegetarian Selection offers a comprehensive choice, baked and cooked to perfection, with not a single drop of excess oil. Pizzas and Continental Non-Vegetarian dishes have a distinct taste to it. Vegetable Shaslik (Rs.175) gives a traditional Indian feel and tang to it – equally good, if not better! Desserts, though an essential way to end the meal, can be missed. Bar license is under process and is expected soon, the mocktails are fine. Business lunch buffet is available every day for Rs.165 plus taxes – a very reasonable and sumptuous spread. Best way to have fun, with good food and music at Rodeo!

Review from July edition of First City

Dates for Your Diary

Tuesday, July 18

Delhi Network Meeting

10 am

Hyatt Regency Ballroom

Program: Sari Tying by Maya



Friday, July 21 to July 24

Art : Paintings on Glass by Poornima Dayal, Studio 55, 55 Sunder Nagar, phone 469-1706, 463-2369.

Includes Subjects ranging from landscapes, portraits, florals, religion and cultural lifestyle of the Middle East, done on vases, decanters, coasters, nut bowls and table lamps.

Saturday, July 22

Film : Body Snatchers, a film that takes us on a journey that thrives all around us, upon us and within us – the mysterious world of parasites. Presented by WWF for Nature and National Geographic. India International Centre, 6.30 pm

Wednesday, July 26 and Thursday, July 27

Dance : Kuchipudi performed by different artists on both evenings. Habitat World, 7.00 pm

Tuesday, August 15

India's Independence Day – Public Holiday

Tuesday, August 22

Delhi Network Meeting

10 am

Hyatt Regency Ballroom

Program: The Art of Dealing with Domestic Staff by Peggy Sood



Saturday, September 30

Delhi Network Mongolian BBQ

Hyatt Hotel – By The Pool

Mark it in your diary! More details coming up!

Also, don't forget that there are daily attractions such as:

Sound and Light Shows at both Purana Quila (Old Fort) and Lal Quila (Red Fort) From May to August, the shows in English are on from 9 to 10 pm – buy tickets same evening at the particular venue, or buy advance tickets at Ashok, Janpath & Lodhi Hotels.

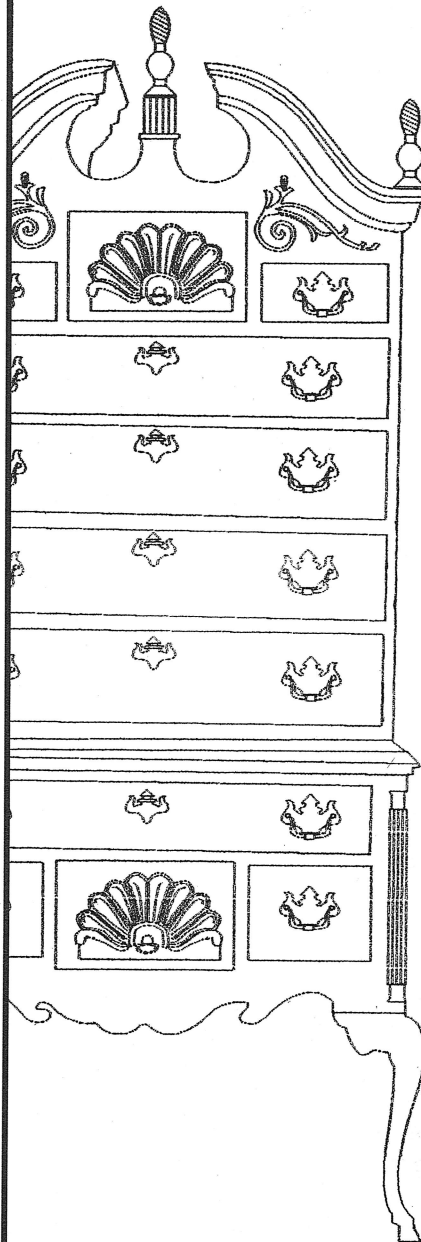
Dances of India : classical, folk and tribal dances. Daily 7 pm, now in it's 25th year. Venue: Parsi Najuman Hall, Bahadur Shah Zafar Marg, near Delhi Gate. Phone 328-9464

IIC – India International Centre, 40 Lodhi Estate, Phone 461-9431

Habitat World – India Habitat Centre, Lodhi Road, Phone 469-1920

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India's Wonderful Birds

By Erika Wilson

It hardly seems possible that three years have gone by since we arrived in India. Soon we will be leaving for another posting where the birds will be completely different. Looking back through my lists I am reminded of the many wonderful trips and hundreds of beautiful birds I have seen in India. Although travelling around this country turned out to be more difficult than I imagined, the abundance and variety of birds in Delhi itself was a delightful surprise. I never expected to find 224 species within the city limits, but the Yamuna River, Delhi's parks and ancient monuments, some agricultural areas on the outskirts, and several small forest reserves provide this city with many types of habitat. The following species represent ten different bird families, illustrating the terrific diversity found here. Each has a special place in my memories of Delhi's, and India's, wonderful birds.

How can I do justice to the beauty of 103 scarlet and pink **Greater Flamingos** (*Phoenicopterus ruber*) elegantly winging their way across a bright blue sky? Finding these long-legged filter feeders in the shallows of the Yamuna River was very exciting. If the rains are good, they will breed in the Rann of Kutch, Gujarat, but in the meantime they give Delhi an extra touch of class and exoticism that is hard to match. Although the Yamuna is no longer a natural river, being dammed at several locations and heavily polluted, it nevertheless provides breeding habitat for a number of water birds. One of these is the shy, elusive, but beautiful **Cinnamon Bittern** (*Ixobrychus cinnamomeus*). Bitterns feed on small fish, frogs, and crabs; they build their nests among the cattails and reeds. Rarely seen, their bright cinnamon plumage is in striking contrast to the green vegetation they frequent. Seeing Cinnamon Bittern is a highlight of any Delhi bird trip; seeing four on a recent trip was incredible.

Not nearly so colourful, being dressed in black and white, is the **Pied Cuckoo** (*Oxylophus jacobinus*). What makes this bird special is its migration pattern and breeding strategy; it is one of the few species that moves northward within India during the monsoon months, then retreats south for the remainder of the year. Like most cuckoos, it is brood parasitic, that is, it lays its eggs in other bird's nests, in this case the abundant Jungle Babblers that frequent every Delhi garden and park. In Kushwant Singh's fine book, *Nature Watch*, he writes that a Pied Cuckoo's arrival signals the beginning of the monsoon. This year we heard our first on June 11th while birding at Tuglaqabad; I have also seen them in my garden, and in Buddha Park. Blue being my favourite colour, you will understand why spotting the aptly named **Verditer Flycatcher** (*Eumyias thalassina*) in Delhi was a special treat. The male is a wonderful coppery blue-green all over, while the female is a softer, dusky blue. Insect-eating birds are vital to the balance of nature, so flycatchers in Delhi are most welcome. I found this species wintering in Buddha Park, but I have also seen it high in the Himalayas.

During the summer heat it is nice to recall winter

birding along the Yamuna, with fog obscuring the centre of the river. Ducks by the thousands can be seen through the mists, and occasionally we were lucky to find an impressive **Steppe Eagle** (*Aquila nipalensis*) eyeing them as well. This powerful raptor hunts for the weak and the injured. As its name implies, it breeds on the steppes of northern Asia, but it winters in India; its haughty mien and sharp, golden eyes remind me that is cousin to the Golden Eagle of northern Europe and North America. The vast sand flats along the Yamuna are also home to the charming **River Lapwing** (*Vanellus duvaucelii*), dressed in shades of sandy grey, white, and black. These long-legged shorebirds are great fun to watch as they step daintily along, probing in the sandy wastes for insects, and boldly defending their territories against any and all intruders, including people and House Crows. This month they are courting and laying eggs on the sand flats.

Water hyacinth, a prolific pest, has, alas, been introduced into India's wetlands. One bird that seems to have happily adapted to it, however, is the elegant **Pheasant-tailed Jacana** (*Hydrophasianus chirurgus*). A cross between a shorebird and a rail, this bird has unusually long toes which allow it to walk on top of the hyacinth, whereas other marsh birds have to walk through the water and plants, often belly deep. These colourful birds are dressed in bright yellow, black, and white, and they look like pheasants in flight, with their short, rounded wings and long tail feathers trailing behind. Perhaps the most beautiful swallow in the world is the elegant **Wire-tailed Swallow** (*Hirundo smithii*) which I have seen swooping over the agricultural fields on the southern outskirts of Delhi. With its steel blue back, wings, and tail, snowy white underparts, and fox red cap, it skims along, snatching minute insects from the air, its wire-like tail pennants streaming behind it. We located an active nest, under a tiny brick bridge spanning a drainage ditch, to which the parents were bringing food.

A colourful seed eater that occurs both along the Yamuna and up on the Ridge is the aptly named **Red Avadavat** (*Amandava amandava*). Males are strawberry red, with tiny white spots scattered all over, making them look like Christmas ornaments. These tiny birds move about in twittering, excitable flocks. Finally, I want to mention the colourful **Small Minivet** (*Pericrocotus cinnamomeus*). Minivets are restricted to Asia and are generally dressed in shades of scarlet, black, grey, orange, and white. I encountered a pair with young in Buddha Park as they moved through the canopy, searching for caterpillars, weevils, beetles, and spiders.

This short list gives only a hint of the wonderful diversity of birds awaiting you in India. Many are quite colourful, some have beautiful voices, and most are not so wary as birds are elsewhere in the world. Putting out a shallow terracotta dish of fresh water each day in your garden will bring many birds to you. I hope you enjoy them as much as I did.

Notice board

MOST OF YOU KNOW THE NEED FOR SECOND HAND BOOKS. OUR SUPPLY AT THE DELHI NETWORK OFFICE IS DWINDLING!!!
PLEASE - WE KEEP HEARING SOME OF YOU SAY "I MUST BRING MY OLD ONES IN" - DO IT NOW - YOUR FRIENDS NEED YOU!!

WANTED!!

Help with this newsletter. Anyone wanting to take over the advertising for the newsletter, please call Sandra Buhler on 614-3115 or leave a message at the office. Would only take 3-4 hours per month.

ARE YOU LOOKING FOR STAFF?

We are a Danish family with a son of 3 years, who will be leaving India in August after a two-year stay in Delhi. During these two years, our Sujata (23 years) has been helping us out with everything.

Sujata has a very honest, loyal and easy-going personality with a lovely sense of humour. She is wonderful with children, an excellent cleaner and can even help you out with cooking - being a quick and eager learner. We can only give Sujata our highest recommendations.

You are welcome to call for more information on Phone 506 6500. Tora Bork

EXCELLENT STAFF AVAILABLE MID-AUGUST

HOUSEKEEPER/COOK: Mary Prasad has been our invaluable housekeeper and cook for the past three years; she worked for other Americans the previous six years. She speaks English well and reads competently (recipes, messages, etc.). She is a versatile cook, doing Western, Indian, and Oriental dishes. She does all the house cleaning and the laundry efficiently and without supervision. She is honest, trustworthy, and cheerful. She needs quarters for herself and family; and she would like to stay in the Lodhi Gardens, Jor Bagh, or Defense Colony areas.

HOUSEMAN: Ram Singh Magar has been with us for 1.5 years; originally hired as a guard, Ram is now part of our indoor house staff. He does the laundry and irons beautifully. He assists with parties, cleans brass, and helps with any job where needed. He speaks, reads, and writes English; he is honest, hard-working, and cheerful. He does not need quarters; he would prefer to work in the Vasant Vihar area, but he will accept work anywhere.

Call Erika Wilson at 461-1237 (before 8 p.m.) for details and to arrange interviews.

DOBERMAN PUPS

We have 7 Doberman pups - 2 female, 5 male
 Ready to leave their mother beginning August
 Only for pet lovers
 Loes van der Tang 649-8927 9811194408

APARTMENT FOR RENT

In Defence Colony, residential area. Four bedrooms with balconies and en suite bathrooms on 2nd floor. New construction and there is an elevator in building.

Call Mrs. Singh 461-8886 No brokers

FOR SALE: Contact phone 506 6500, Tora Bork

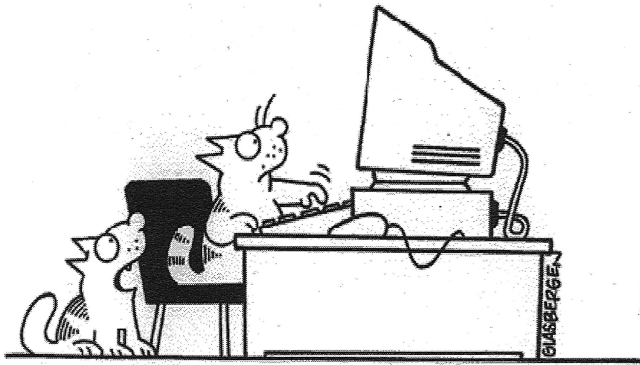
2 pcs stabilisers of 0.5 kVA each	Rs.500
5 big stabilisers of 3 kVA each	Rs.1000
1 computer stabiliser make Elent	Rs.3500
1 video player, make Sharp	Rs.4000
1 fridge 240 lt, make Frostfree	Rs.5000
2 cane beds with new mattress	Rs.5800
2 cane bedside tables with drawer	Rs.1200
2 small round cane stools	Rs.300
2 blow heaters make National	Rs.500
1 writing desk with drawer to lock	Rs.1200
1 lawn mower and 1 water filter, each	Rs.450
1 Aquaguard model Classic	Rs.5000
1 exercise bicycle, magnetic	Rs.10000
1 copy machine, make Toshiba	Rs.3500
1 garden sofa, 2 chairs, 1 table	Rs.4300
1 sand pit	Rs.500
1 wooden outdoor children's playhouse	Rs.700

FOR FREE;

- 1 child friendly watch dog
- 1 black cat, Mona

WANTED: Toys for the Jeevan Jyoti Mother Teresa Orphanage for Handicapped Children

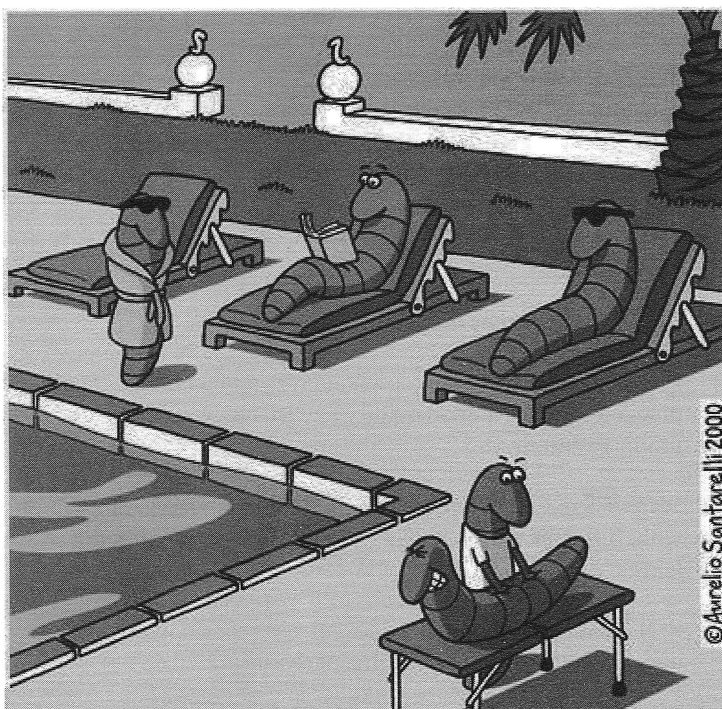
If anyone has any old toys lying around and would like to donate them to the 62 children at the Jeevan Jyoti Orphanage please give them to me (Trudy Brasell-Jones) at the next Delhi Network Meeting on 22 August.
 Thanks!



"Try this—<http://www.somebody-feed-us.com>"



Check out
[Http://minglewood.dundee.net/cgi-bin/lyris.pl](http://minglewood.dundee.net/cgi-bin/lyris.pl) or foggysfunnies.com
and you too can subscribe to a
daily cartoon and other funny links



In a little known annex of the Betty Ford Clinic,
discarded tequila worms dry out.



Tea – What is it?

If you are cold, tea will warm you; If you are too heated, it will cool you; If you are depressed, it will cheer you; If you are excited, it will calm you."

Gladstone (1865) Victorian British Prime Minister

Tea is the most widely consumed beverage in the world!

Tea is made up of two leaves and a bud, which is plucked from the tea bush, called *Camellia sinensis* (a white flowered evergreen). Only the top tender shoots of each bush are used. The bush thrives in hilly regions where the air is sweet and pure. It needs plenty of rainfall and sunshine. The location, altitude, climate, type of soil and season of plucking all contribute to the different tea flavours and fragrances. The three different methods of processing the leaves distinguish the variety of teas we drink. Tea comes in black, green and oolong varieties.

Tea generally contains about 40 milligrams of caffeine (less than half that contained in coffee), but the actual levels depend on the specific blend and strength of the brew.

Recent studies have shown that polyphenols contained in tea have antioxidant and other biochemical properties which may help reduce the risk of atherosclerosis and some cancers.

Tea – History

According to legend in 2737 BC the Chinese Emperor Shen Nung was boiling water over an open fire when some leaves from a nearby *Camellia Sinensis* plant fell into the water. The emperor drank the mixture and declared it gave one vigour of body, contentment of mind and determination of purpose.

Tea's popularity spread to Japan and the rest of the Far East. Buddhist monks are reputed to have spread the tea drinking habit throughout the Orient.

The Persian merchant Hajji Muhammad brought the first knowledge of tea to Europe. Jesuit missionaries travelling on Portuguese ships brought the tea drinking habit back to Europe in the 16th century.

The Dutch soon followed and by 1650 had established their own trade routes. Peter Stuyvesant took the first tea to America to the Dutch settlement of New Amsterdam, which was later renamed New York.

Thomas Garaway, tobacconist and coffee shopkeeper, made the first recorded sale of tea in England in 1657 at Garaways Coffee House.

Tea made up part of the dowry of the Portuguese Infanta, Catherine of Baganza who arrived in England in 1662 to marry Charles II.

For most of the 18th century, taxes and a monopoly by the East India trading company kept the cost of tea high which led to smuggling and a thriving black market. By 1834

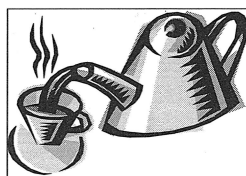
taxes on tea were reduced and the monopoly by the East India company was broken. Tea being much more accessible replaced gin and ale as the drink of the masses. More crockery and pottery were needed which fuelled the growth of the British pottery industry.

Tea played a dramatic role in the establishment of the United States. The British government put a tax on tea used by American colonists. In December 1773 colonists boarded ships from the East India Company and emptied 300 chests of tea into Boston harbour. The Boston Tea Party led to American Independence.

Tea Bricks

Tea bricks are made from pressed tea dust. In former times tea bricks were used as a means of payment or for barter trading with Mongolia and Tibet.

During the Sung-dynasty people used it to pay their taxes to the emperor. The tea bricks are about 24cm x 19cm x 2.5cm. They are sculpted with traditional Chinese motifs. The quality of tea was generally very poor. Nowadays, they are very nice collectors items and conversation pieces.



Tea Today

Today, tea is the most widely consumed beverage in the world and second only to water in world-wide consumption. Everywhere it is drunk, people

have their own individual tea time customs and ceremonies. People drink it sweet, savoury, with a dash of rum, twist of lemon, or a lump of rancid yak butter as is the custom in Tibet. They sip it from a cup or slurp it from a bowl.

Tea types and manufacture

The three different methods of processing the leaves distinguish the varieties of teas we drink. There are three basic varieties: black, green and oolong.

30 to 35 kg of plucked tea leaf makes approximately 7.5 to 9 kg of black tea.

There are five steps to making black tea :

PLUCKING – Only the top two leaves and a bud are hand plucked to make a good quality tea. Machine plucking produces inferior tea.

WITHERING – Tea leaves are laid out and allowed to wilt on withering racks. This reduces the moisture content in the leaves.

ROLLING – Rolling the leaves releases the enzymes and juices, which give tea its aroma and taste.

OXIDATION – Black tea gets its colour and character from the oxidation or fermentation. The enzymes in the tea leaf are left to oxidise after rolling.

FIRING – Black tea is fired in ovens to dry the leaves and stop the oxidation process.

Oolong tea differs from black and green tea in that it is only semi-fermented or oxidised. While the leaves wilt naturally enzymes begin to ferment them. The process is interrupted by stirring the leaves in heated pans, then rolling and drying them.

Green tea is made by steaming or heating the leaves immediately after plucking to prevent fermentation. The leaves are then rolled and dried.

Orange Pekoe refers only to the size of the leaf. The grades have nothing to do with quality, flavour or aroma. They only refer to leaf size. However, in brewing, flavour and colour come out of the larger leaves more slowly than smaller leaves.

The largest leaves are orange pekoe, pekoe and pekoe souchong. The smaller leaves are classified as broken orange pekoe, broken pekoe souchong and orange pekoe fannings and fines.

Special Teas

Flavoured

Flavoured teas are made by allowing the fired tea to absorb the scent from various flowers and oils. Jasmine, rose and bergamot (Earl grey) are particular favourites.

White Tea

White teas mainly originate from the mountainous Fujian region in Southern China. The personality of these teas is moulded during the long and gentle drying out process in the open air, and further refined in the course of delicate and painstaking hand preparation. They are prized for their sweet aroma.

Mate

The mate bush grows in Brazil and Argentina and is related to the holly plant. Mate is the only herbal infusion which contains caffeine. After harvesting, the leaves are roasted over a wood fire to stop them going black. The leaves are then dried and cut. Mate can then be roasted a second time for a milder tasting variety. In most parts of Latin America, mate is drunk throughout the day or whenever people socialise. Mate has a fragrance midway between sweet and sour with a touch of smokiness reminiscent of fresh wood. The traditional way of preparing mate is in a mate bowl from which it is drunk very hot through a special metal straw with an in-built strainer. However mate can be prepared and brewed like normal tea using the tea cup or tea pot method.

Tea Growing Regions

Assam

Situated on both sides of the river Brahmaputra in India. It is the largest single tea growing area in the world. The tea is strong full of flavour and characterised by its malty aroma.

Nilgiri

This is a district in south-west India, situated about 1000 metres above sea level. The tea tastes very similar to Ceylon tea. It has a flowery flavour and strong aroma which is pronounced in the spring.

Ceylon (Sri Lanka)

The best blends come from the Uva (east), Dimbula (west) and the Nuwara Eliya district. The tea is grown at a height of between 1500 and 2000 metres. This is why they are known as highgrown or lowgrown blends. Sri Lankan teas are full bodied and potent.

Darjeeling

Situated in the southern foothills of the Himalayas. The tea is grown at about 1000 to 1200 metres. There are four main harvest periods and flavour can range from fresh and flowery to fine and dry. The mountain altitude and gentle misting rains produce a unique full bodied light flavour with a subtly lingering aroma reminiscent of Muscatel. Darjeeling teas are amongst the finest and delicious available.

China

China offers over 5000 varieties of tea. Black and green tea are produced in 14 provinces of central and southern China. Well-known names are China Keemun, Szechwan, Yunnan, Fujian Jasmine and Rose tea.

Kenya

Situated in the highland region around Mount Kenya. Kenyan tea is between Ceylon and Assam. It's very popular because of its fresh flavour.

Java

Dry Javan teas are produced during the dry season and are characterised by their strength and full-bodied flavour.

AND NOW FOR SOME RECIPES!

FRUITY TEA TWISTER

5 teaspoons Irish breakfast tea (or any other strong tea of choice)

4 cups boiling water

2 cups sliced fresh fruit (any combination of apples, peaches, pineapple, oranges, strawberries, bananas, grapes).

2 tablespoons sugar

2 cups white wine

1 cup brandy

Ice cubes

Make up tea base by steeping the tea in the boiling water for 5 minutes. Remove and discard tea and refrigerate for at least three hours. In large jug or punch bowl, combine fruit with sugar. Pour tea over fruit; stir in juice. Refrigerate to chill. Serve over ice.

There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea."

.....Henry James (1843-1916)
Portrait of a Lady

ROYAL BENGAL TIGER WITH BITE

4 teaspoons of English Breakfast tea (or any other strong black tea)

2 cups boiling water

For Each glass:

1 teaspoon lemon juice

2 dashes aromatic bitters

1/2 teaspoon sugar

1 nip cognac

Make up tea base by steeping the tea in the boiling water for 5 minutes. Remove and discard tea and refrigerate for at least three hours. Use this tea base to top up each glass made. Mix lemon juice, sugar and aromatic bitters in the bottom of a tall glass. Fill glass with ice cubes and cognac and top up with tea base. Stir. Garnish with lemon slice and sprig of mint.

SAILORS SCURVY KICKER

4 teaspoons of English Breakfast tea (or any other strong black tea)

2 cups boiling water

For each glass:

juice of 1/2 lemon

1-1/2 teaspoons sugar

1 nip rum.

Make up tea base by steeping the tea in the boiling water for 5 minutes. Remove and discard tea and refrigerate for at least three hours. Use this tea base to top up each glass made. Squeeze lemon juice into a highball glass. Add sugar. Stir to dissolve. Fill glass with cracked ice. Add rum and top up with tea base. Stir. Garnish with sprig of mint.



PAPAYA COOLER

4 teaspoons of Green Tea

2 cups boiling water

2 cups Papaya Nectar

3 Tsp. honey

Ice cubes

Make up tea base by steeping the green tea in the boiling water for 5 minutes. Remove and discard green tea and refrigerate for at least three hours. Combine tea base, papaya nectar and honey. Serve in ice filled glasses. Garnish with a mint leaf or a piece of fruit.

APRICOT SUMMER BUBBLY

4 teaspoons of English Breakfast tea (or any other strong black tea)

2 cups boiling water

2 cups apricot nectar

2 cups sparkling mineral water

Ice cubes

Make up tea base by steeping the tea in the boiling water for 5 minutes. Remove and discard tea and refrigerate for at least three hours. Combine in a jug tea base, apricot nectar and sparkling water. Serve in ice filled glasses. Garnish with a mint leaf or a piece of fruit.



Of course, we need to have a delicious piece of cake with our nice hot cup of tea, so we have a recipe from a member who kindly brought it along to a recent Needlenuts morning and impressed Brenda, our leader.

Lemon cake

Ingredients:

200g Butter

250 g Sugar

5 Eggs

Rind and juice of one lime

250 g Flour

2 teaspoons baking powder

Icing:

100 g Icing sugar

100 ml lime juice

Beat butter and sugar until fluffy, add eggs, rind and juice of one lime, mix well.

Add flour and baking powder.

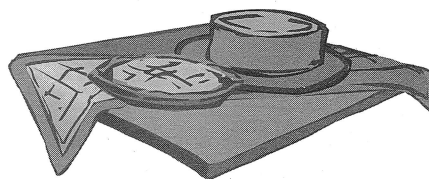
Mix well and pour into a 28-30 cm loaf tray

Baking: Medium heat, 180 ° for one hour.

Let it cool down a little in baking tray.

Prick several times with knitting needle and brush with lemon icing until all is absorbed.

Gaby Stocker





Dachigam National Park

Located very close to Srinagar (22kms), Dachigam National Park with its splendid forests and magnificent scenery is easily accessible. The two sectors of the Park - Upper and Lower Dachigam are spread over an area of 141 sq km and altitudes vary between 1700 and 4300 metres. The Masr Lake, the mouth of the Dachigam river, the lifeline of the park winds through its lower terrains. The park is home to the endangered Hangul or the Kashmir Stag, the only species of Red Deer to be found in India. The approach to Lower Dachigam is on a metalled road, but Higher Dachigam is accessible only on foot.

Area : 141 sq km

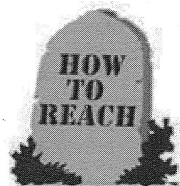
Best time to visit : May - August (Upper region)
Sept - December (Lower region)

Prominent Fauna : Hangul (Kashmir-Stag), Himalayan black bear, leopard, musk deer, Himalayan marmot, species of wild goats, variety of exotic Himalayan birds, pheasants, golden eagle, bearded vulture.



Climate : Kashmir remains cool all through the year. Any visitor should carry some kind of woollen clothing at all times in Kashmir. The summer season lasting between May and August is cool and very pleasant. Between September and December, the climate changes dramatically and it gets very cold. The park is closed between January and April.

Clothing : For the summers light woollen garments are good enough, but for the winters heavy to very heavy woollen clothing is recommended.



How to get there ?

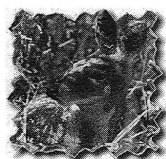
The nearest town to Dachigam is Srinagar (22 kms) the Capital of Jammu and Kashmir which is connected to the Park through a metalled road. The nearest airport is also in Srinagar. The nearest railhead is located in Jammu which is 200 kms away from Dachigam National Park.



Where to stay ?

Srinagar being the state capital has a choice of hotels and lodges. It provides accommodation for the budgeted tourist as well as the luxury holiday seeker. Apart from these there are many other hotels, rest houses and lodges in and around Srinagar.

For Additional Information:



Chief Wildlife Warden
Srinagar
Jammu and Kashmir
India

Taken from:
<http://allindia.com/wild/dachigam/default.asp>
Check out the site for more wonderful locations

INDIAN CULTURE STUDY GROUP

Seven Cities of Delhi

This is a very informal group of people seeking to learn a little more about the rich culture of India, it's people, history and architecture. The Indian Culture Study Group was first set up in April 1992 and courses run every spring and autumn.

The group meets once a week for a period of eleven weeks. Each city is researched by two or three people on a shared basis – which makes it more fun – with each member researching a different part/aspect of their chosen location. They then conduct guided tours sharing their newly acquired knowledge with the rest of the group, not forgetting coffee and snacks which are a must at every meeting.

Whether you have been living in Delhi for a while or have just arrived, learning about the seven cities is an enjoyable way to make you feel that you are really a part of this fascinating capital. – just ask any of the women who have already participated.

The first meeting of the next 'Seven Cities' study group is on Thursday 7 September 2000 at 12 Nightingale Court, British High Commission at 10 am.

**At this meeting we will be deciding who studies each area ; the actual tours will start four weeks later.
(On Thursday 5 October)**

Please phone Samantha Sinclair on 687 2161 extension 2572 after 31 July if

- **you want to join the course or**
- **you have signed up but won't be able to attend the meeting.**

There's change in the air ... er, road!

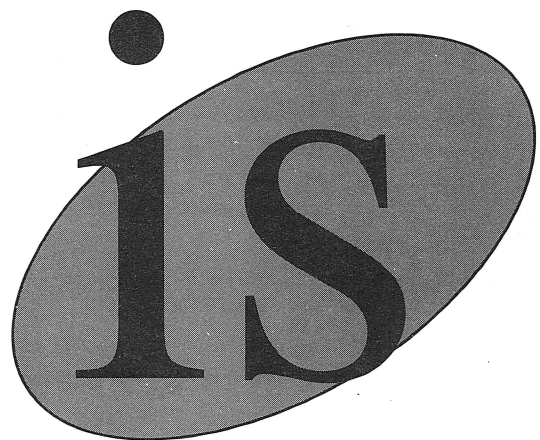
This is the title of an article in the The Pioneer dated July 11 by Biresh Banerjee and it goes something like this... "As you move along the road from Gurgaon onwards to Jaipur, there is a distinct change that you feel as you ride along the road. The road is much smoother, more comfortable, faster. Roads such these are part of a dream. A dream to make highways in India comparable to the best in the world.

And the dream is taking shape. Stretches of road newly laid and black as the fresh high quality bitumen – "highways of the future" in fact. Welcome to the Gurgaon-Kotputli stretch of the NH8 (Delhi to Jaipur) Hwy."

And that is what one of our own expats has been doing here since 1997 – an Aussie by name of Peter Vail (they got it wrong in the paper but we know who he is!) Such praise indeed and it makes our life easier as well. Shabash!

*The house of
exquisitely hand
crafted furniture*

*Restored antiques
and reproductions in
the finest traditions of
Indian Craft*

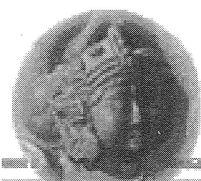


**inner
space**

D-428 Defence Colony, New Delhi 110024

Tel : 469-1164, 462-7419

Mobile : 98100 28909



Goddesses

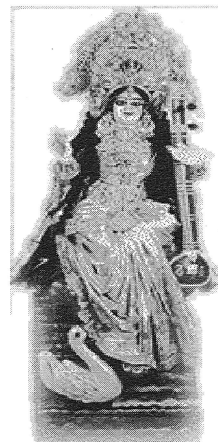


ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय

SARASWATI

Saraswati is the goddess of knowledge and the mistress of the arts. Worldly possessions do not interest her; she rules the intellectual and creative realm. Libraries and schools are her temples. She does not adorn herself with gems and jewels. Draped in a white sari, she rides a swan holding a book in one hand and a flute in another.

At the dawn of Life, Brahma was so struck by the beauty of his first creation – Shatarupa, goddess of material existence – that he sprouted five heads to look upon her at all times. He chased her wherever she went, but no matter how hard he tried, he could not possess this mercurial being. To restrain Brahma's lust Shiva, the supreme ascetic, wrenched off one of Brahma's heads. Sobered by the experience, Brahma turned to Saraswati and learnt to rein in his bewitched mind. Saraswati's children, the Vedas, showed Brahma the way out of the labyrinth of sensuality. From that day, the four heads of Brahma began chanting the four Vedas



PARVATI

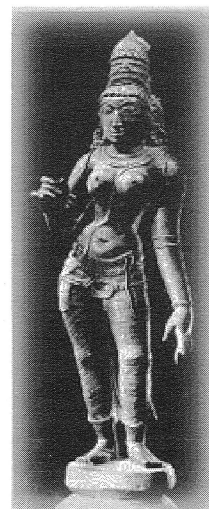
Shiva agreed to participate in worldly affairs and so married Sati, daughter of the primal priest-king Daksha. Shiva's unworldly ways annoyed Daksha who refused to invite Shiva to visit. Insulted, Sati rushed into her father's sacrificial hall, leapt into the fire-altar and killed herself. The ceremony, contaminated by Sati's blood, ground to a halt. In his rage, Shiva killed Daksha.

Sati's death broke Shiva's heart. He turned into a recluse and retired into a mountain-cave, where he meditated, bridling his mind, restraining his senses, until the restrained energy transformed him into a pillar of fire.

In fear, the gods approached the mother-goddess Shakti. "Let his energy be released. Let it be transformed into a warrior who will command the celestial armies," they begged. In response, the goddess took the form of Parvati, princess of the mountains, and sought to win Shiva's heart with the help of Kama, god of love. But when Kama shot his love-dart at Shiva, Shiva opened his third-eye, let loose a fiery missile and reduced him to ashes.

Parvati then became a hermitess and mortified her body through austerities that won Shiva's admiration. He accepted her as his consort. They embraced until Shiva shed his seed from which arose Kartikeya, commander of the gods. Inspired by Parvati's beauty, Shiva made music and began to dance. Parvati also cajoled Shiva to reveal the secrets of the cosmos locked in his mind. Many seers were enlightened when they overheard their conversation.

Everyone worships Parvati, the goddess who transformed the austere ascetic into an amorous householder..

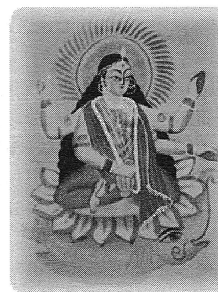


GANGA

Vishnu once heard Shiva play the flute and was so entranced by the music that his feet began to melt. Brahma caught the liquefied portion of Vishnu in a pot and from it created Ganga, the river-goddess. Hence Ganga is also known as Vishnu-padi (she-who-was-born-out-of-Vishnu's-feet).

Ganga is the most sacred river of India. She is depicted bearing a pot and riding a makara that is sometimes identified as a crocodile, sometimes as a dolphin and sometimes as a Capricorn like sea-monster that is half fish and half elephant.

Once she flowed in the heavens but then was ordered to go down to earth. Fearing that her forceful descent might wash away the earth, the gods sought the help of Shiva. Shiva broke the fall of Ganga by capturing her in his mighty locks. Since then, Ganga resides on top of Shiva's head as his third wife.



<http://www.hindumythology.com/goddess.htm>

SOME RECIPES I HAVE KNOWN.....

Chicken Salad Farfalle

- 2 Boned and skinned chicken breasts
- 1 lb. Bow Tie (Farfalle) Pasta
- 1 Jar Roasted Peppers (red, yellow, or combination)
- 1/2 Jar Black Olives (Kalamata or Ligurian)
- 1 Container Marinated Artichoke Hearts
- Extra Virgin Olive Oil
- Lemon Juice
- Grated Cheese (Parmesan or Romano)
- Summer Savory
- Salt/Pepper



Coat chicken breasts with a little olive oil and grill. Cut into strips and set aside to cool. Cook pasta al dente. Drain, drizzle with a little olive oil to coat, set aside to cool. Cut the roasted peppers into strips, and quarter the artichoke hearts. Add to pasta along with the olives. Toss.

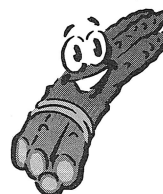
Mix together 1/4 cup olive oil, the juice of one lemon (about 1/4 cup), 1 Tbls. fresh summer savory (1 tsp. dried). Add to pasta.

Sprinkle pasta mixture with 1/2 cup grated cheese of choice, toss and adjust to taste with salt and pepper. Arrange in large shallow bowl or serving platter with strips of grilled chicken on top. May be served chilled or at room temperature. (Serves 6)

Serve this entree salad with crusty Italian bread or grilled pita rounds. A fruit based dessert is an excellent finish.

Baked Asparagus

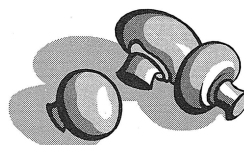
- 1 lb. fresh asparagus
- olive oil
- 1 lemon or lime
- garlic powder
- season salt or herb of your choice



Wash asparagus and trim off hard ends. Lay in shallow flat pan (I use a 9X13). Drizzle with olive oil. Squeeze the juice of the lemon or lime over. Sprinkle with garlic powder, and your other seasoning of choice (I like fresh basil, or sometimes just seasoned salt). Bake at 400 degrees F. for 12-15 min. The thinner the stalks, the less you have to bake it.

Mushroom Pate

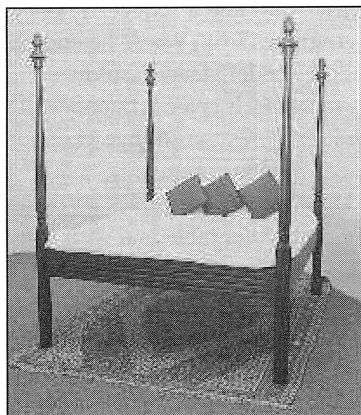
- 4 Tbs (60 ml) butter
- 1 cup finely chopped fresh mushrooms
- 1/4 cup (60 ml) finely chopped shallots
- 1/2 cup (125 ml) chicken broth
- 8 oz (250 g) cream cheese
- Salt and freshly ground pepper to taste
- 1 scallion, white and green parts, thinly sliced



Melt the butter in a grill-safe skillet and sauté the mushrooms and shallots for 3 to 5 minutes, until tender. Add the chicken broth and simmer until all the liquid has been absorbed. Remove from the heat and transfer to a serving bowl. Add the cream cheese, salt, pepper, and uncooked scallion, stirring to mix thoroughly. Serve warm or chilled, with crackers, toast points, or raw vegetables for dipping. Serves 6 to 8 as an appetiser.

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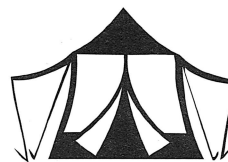
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PUSHKAR FAIR

A Journey into a Bygone Era

11 kms from Ajmer on the edge of the desert lies the tiny tranquil town of Pushkar, along the bank of the picturesque Pushkar Lake. Every year a huge and colourful cattle fair – called the Pushkar Fair – is held during the month of November and this year it is destined for 09 – 11 November, 2000. The most striking feature of this fair is Swiss Tents. This fair is host to a number of cultural events, folk dances, puppet shows, camel races and rides.

Accessibility:- 390 kms from Delhi. You can easily reach Ajmer by Shatabdi – an AC train and then cover 11 kms distance to Pushkar by Jeep.

For further information and bookings, contact:-

EXCEL NETWORK Tours & Conference Organisers

Phone # 011-354-0943 / 351-7219 / 351-7221

Fax # 011-354-6263, email xlnet@nda.vsnl.net.in

THE EXPAT WIFE'S PRAYER

Heavenly Father, look down on us your humble, obedient expat wives who are doomed to travel this earth following our loved ones through their working lives to lands unknown.

We beseech you, O Lord, to see that our plane is not hijacked, our luggage is not lost or pillaged and our overweight baggage goes unnoticed.

Give us this day divine guidance in our selection of houses and maids.

We pray that the telephone works, the roofs do not leak, the power cuts are few and the rats and cockroaches fewer.

Lord, please lead us to good inexpensive restaurants where the wine is included in the meal and not dysentery. Have mercy upon us Lord if it be the latter, make us fleet of foot in order to make it to the loo in time, and strong of knee in case we have to squat.

Also give us the wisdom to tip correctly in currencies we do not understand.

Make the natives love us Lord for what we are and not for what we can contribute to their worldly goods.

Grant us the strength to smile at our maids, even though our most treasured dress resembles a rag or they take Clorox to clean our well admired Persian rug.

Give us divine patience when we explain for the hundredth time the way we want things done and Lord, if we lose patience and thump them, have mercy on us for our flesh is weak.

Dear God, protect us from the 'bargains' we don't need or can't afford. Lead us not into temptation for we know not what we do.

Almighty Father, keep our husbands from looking at foreign women and comparing them to us. Save them from making a fool of themselves in night clubs. Above all, please do not forgive them their trespasses for they know exactly what they do. And when our expat years are over Lord, grant us the favour of finding someone who will look at our photographs and listen to our stories, so our lives as EXPAT WIVES will not have been in vain.

Amen

Contributed by a group of Expat Wives doing what they do best – supping on tea/coffee and nibbling on cakes and chatting (at the Delhi Network Coffee Morning of course!)

PROCEDURE TO LOCK YOUR PHONE

In case it happens that you receive an unexplainably high telephone bill with unrecognisable long distance numbers that you have never dialed, you can lock your phone electronically to block those STD and ISD

connections while you are not at home or are using it yourself.

You can block your telephone in the following way: Press 124, followed by four numbers of your choice followed by a 2. You will hear a signal on the line which indicates your line is 'locked'. To test, hang up and then dial an international/out of Delhi code – there will be a recording: "this facility is not available on your phone".

You can 'unlock' your line to make long distance calls, in the following way: Press 124, followed by the SAME four numbers that you used to lock the line, but this time follow with a '0' (zero) in place of a 2. A beep will indicate that the line is unlocked. Hang up, and then dial your out of Delhi/international number.

BOOK REVIEW

'TIS – A MEMOIR, Frank McCourt, Flamingo, Rs.302
This is the second novel by McCourt and a sequel to his Angela's Ashes. The book continues from where he ended, the author's journey as a bellhop, toilet cleaner, soldier, warehouseman and finally a teacher. It is a continuance of Angela's Ashes in the sense it explores the strange glamour that poverty possesses and sees humour in tragedy, a skill that was brilliantly used by Dickens. Frank comes across as an irresistible protagonist; real, vulnerable and with an incredible eye for detail. The book begins with a 19 year-old boy, who leaves Limerick for New York, his city of dreams. An empty pocket and a dozen infections is all he has when he discovers that this new land is infested with class ethnicity. Thus begins a quest to make America his own, a land that could not care less for a jobless Irish immigrant. The novel combines eccentric characters, anecdotes, job adventures that never fail to amuse. It is a glorious escapade, told with the familiar intimacy of Angela's Ashes. The mood of the book is revealed from the cover itself which shows a photograph of a young laughing boy, taken from the author's personal collection, declaring the tone of optimism. It is a poignant tale of survival that reaffirms faith in life and happy endings. The colloquial language, conversational tone and easy flow of the book promises it a wide readership. A definite buy.

Review listed in the July edition of First City

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SPORTS



Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687 -2161



Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.



Bowling

Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at

32nd Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

Delhi Tourism (3314229) provides facilities for:



Cycle Tours

Amar Jeet Singh 336-5358, 336-3607
Adventure Tourism



Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day.

Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3 artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



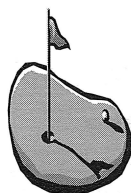
Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



Golf

Delhi Golf Club

Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235

The Meadows Golf Course, located on Sohna Road, near Gurgaon. , Tel: 687-2274



Polo

Army Polo & Riding Club, Tel: 569-9444/555

The Indian Polo Association, Tel: 301-5604

Polo Season: October-February



Ladies Open Tennis at AES

Every Tuesday and Thursday morning from 8.30-11.30 at the American Embassy clay courts (entry Gate 3). No need to call first. If you know how to play, just turn up with your racket, ready to enjoy the game and the company. Players at all levels (other than absolute beginners) are most welcome. Lessons for beginners are available through the DLTA (details given below). Get started and then come along too!

Delhi Lawn Tennis Association, Africa Avenue, Telephone 617-6140 or 619-3955



Sailing

Defence Services Sailing Club, Tel: 301-9604



Shooting

Dr Karni Singh Shooting Range, Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

Something to do

Adult Education

The American Embassy School offers evening courses.

Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.

Spring session: Feb./March.

Fall session: September

Aerobics

Mandy Dakin has been teaching aerobics for the last 10 years. Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues:

Mondays at ACSA 6 – 7 pm

Tuesdays at ACSA 9 – 10 am

Tuesdays at the British High Commission 6.15 – 7.15 pm

Thursdays at ACSA 9 – 10 am

Thursdays at the British High Commission 6.15 – 7.15 pm

All classes are a mixture of mainly low impact and high impact moves followed by toning for the legs, abdominals, butt and upper body. Tuesday evening's class at the BHC is body conditioning only. She hopes to begin aqua classes shortly. For further information call Mandy on 614-5818. Please bring water and a mat to the class.



Babies and Toddlers

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

Dance and Fitness Centre

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.

DCWA

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Amina Singh on 614-5986 or 614-6023 for details.

Delhi Christian Fellowship

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

French Lessons

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404

French speaking

Groupe Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Hélène Cazalet on 464-3682.

German Conversation Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.



Hindi Lessons

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Navjyoti-Delhi Police Foundation

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

Needlenuts

Group meets
Thursday 9.30-12.30
in different homes
each week. Come
and go as you
please, work on what
you like. Call Lynn
Moss on 621-5065



NEWCOMERS

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

Patchwork & Quilting: A Complete Course

For more information call
Phil Thomas on 556-5569



Piano Lessons

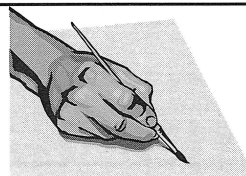
American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

Scottish Country Dancing

Thursdays 8 pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



Silk Painting

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.

Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

United Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarten for under-privileged children. For details call Sherine on 696-0233 or Jill on 687-9685.

Yoga

- ◆ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 614-2908 between 12 and 3 pm.
- ◆ Yogesh Kumar, phone 623-3996
Pager 9632-122692.

SERVICES

ANIMAL SHELTER/VETERINARY HOSPITAL
Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114.

ARTWORK WITH 24 CARAT GOLD
Hema Pant works with Rajasthani artists to produce an exclusive line of ultra high quality art-work on marble: life like replicas of a variety of Indian antique jewellery, turbans and weaponry painted and mounted on marble. Framing to your taste. For appointment viewing, please call Hema at: 91-6356225 or 98101 34523.

BEAUTIFUL FRAMES
Antique Kashmiri Jamawar, Kani and Embroidered Pieces Artistically Framed to Grace Your Walls — also—Hand Done Kashmiri Scarves and Stoles Artistically Executed to Grace Your Being.
Vidhu Ganjoor and Buzz Burza, Kashmiri Art Forms, 34 Gagan Vihar, New Delhi 51, 220-9129 or 223-0415.

BEAUTY CARE
Conchita Wagner-Moral has 20 years experience in the beauty field all over the world. She has just opened an exclusive salon where you can have any of the latest treatments from Europe, from waxing to non-surgical face-lifts. Call Conchita at 683-2703 or 683-5105 for a free consultation.

CHICKEN
MESH - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048

ENGLISH/SPANISH/ENGLISH
TRANSLATOR - Call Esther Premkumar, A-10 Anand Niketan, on 688-7397, email esther@satyam.net.in

FOOD AND DRINK
Kingsbarn is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.

FURNITURE Visit Fusion Design's temporary furniture showroom at V 39/24 Phase III, DLF, Gurgaon from May 18 on through the summer. They are moving to a new showroom this summer, but will be located in DLF for a couple of months. You may, as always, visit their factory in West End Greens at any time by appointment, or ask their British designer to visit your home or office for a consultation. They specialise in traditional and modern European designs in sofas, chairs, dining tables, desks, beds, cabinets and so on. Special orders will also be undertaken to meet your specifications. Call Rhonda Williams on 9810194512 or email fusion_design@compuserve.com for an appt.

HAND MADE STATIONERY
Greens 'R' Us makes unique hand designed stationery on hand made paper using ferns and flowers. Each piece is individually crafted by **Renu Gupta**. The range of gift items also includes photo frames, albums, wall hangings, trays, and lots more. 7 Western Avenue, Maharani Bagh, Phone 683-5305, 683-3766

HERBALIFE Good health through intelligent nutrition. Herbalife has combined the best of nature and science to create exclusive products to enhance your nutritional fitness, vitality and well-being. Lose or gain weight safely, or just increase your vitality. Phone **Sue Lohage** on 6223344 ext 411 or 98 101 67417

JEWELLERY
Risham Chawla makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

MASSEUSE
Laxmi has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

PET CLINIC
5:00-7:00 pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Servants Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Karen Wald at 419-8331 (O) and 614-3719 (H) and Judy Nay on 461-1911. Some pet items are available.



SERVANTS REGISTRY
Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:
- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).
Call for further details or with questions on 419-8000, ext. 413. Need help writing a reference letter - come see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.

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